

Name: \_\_\_\_\_ Period: \_\_\_\_\_



# MyPyramid Serving Size

## Bingo



**Directions:** Fill one space with FREE. Fill in the rest of the columns with the serving sizes. Be sure to put the serving sizes in the same column, but mix them up.

\*1 oz.  
\*1 cup  
\*1 slice  
\*1/2 cup  
\*1/2

\*1 cup  
\*1/2 Large  
\*32 small  
\*1 Large  
\*1/8

\*1 cup  
\*2 cups  
\*1 medium  
\*1 Large  
\*6 Baby

\*1 oz.  
\*1  
\*1 Tbsp.  
\*Palm of Hand  
\*1/2 oz.

\*1 cup  
\*8 oz.  
\*1 1/2 oz.  
\*2 c.  
\*2 oz.

Grains	Fruits	Vegetables	Meat/Protein	Dairy/Milk

#### Grains:

What is one serving of grains? (1 oz.)

How much cold cereal is equal to 1 oz. of grains? (1 cup)

How much bread is equal to 1 oz. of grains? (1 slice)

How much cooked cereal, rice, pasta is equal to 1 oz. of grains? (1/2 cup)

How many hamburger buns, hot dog buns or English muffins are equal to 1 oz. of grains? (1/2)

#### Fruits:

What is one serving of fruits? (1 cup)

How much of an apple is equal to 1 cup of fruits? (1/2 Large or 1 medium)

How many grapes are equal to 1 cup of fruits? (32 small)

How much orange or peach is equal to 1 cup of fruits? (1 Large)

How much of a cantaloupe is equal to 1 cup of fruits? (1/8 of a melon)

#### Vegetables:

What is one serving of vegetables? (1 cup)

How much lettuce or other leafy vegetable is equal to 1 cup of vegetables? (2 cups)

How many carrots or potatoes is equal to 1 cup of vegetables? (1 medium)

How many cobs of corn is equal to 1 cup of vegetables? (1 Large)

How many baby carrots are equal to 1 cup of vegetables? (6 baby)

#### Meat/Protein:

How much is one serving of meat? (1 oz.)

How many eggs equal 1 ounce of meat? (1)

How much peanut butter is one serving of meat? (1 Tbsp.)

How much is 2-3 ounces of meat, fish or poultry? (Palm of the hand)

How much of whole nuts is one serving of meat? (1/2 oz.)

#### Dairy/Milk:

What is one serving of milk? (1 cup)

How much yogurt is equal to 1 cup of milk? (8 oz.)

How much block cheese (cheddar, mozzarella, Colby) is equal to 1 cup of milk? (1 1/2 oz.)

How much cottage cheese is equal to 1 cup of milk? (2 cups)

How much processed cheese (American, cheez whiz, velveeta) is equal to 1 cup of milk? (2 oz.)